

PASTURE AND PLENTY

FEBRUARY 24, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

It's been over three years since we expanded our kitchen production capacity and opened the P&P Makeshop. We're thrilled to share space with Ana and Carissa of Tart. I mean, have you *tried* their galettes? We don't know anyone that makes flakier, more buttery and tastier pastry than those two lovely ladies. Plus, they always fill that tender crust with a rotating variety of delicious, fresh, seasonal foods and flavors... like roasted brussels sprouts and fontina!



Thai cauliflower balls with rice noodles, sweet chili sauce and vegetable herb salad



Tart's roasted brussels sprout and fontina galette with greens and maple mustard vinaigrette



"marry me" chickpeas with roasted vegetables and brown rice



PRODUCER SPOTLIGHT

We source our ingredients from local producers whenever possible. This week's meal kits feature ingredients from these amazing producers:

Winterfell Acres

Tart

Sartori Cheese

Elderberry Hill Farm

Driftless Organics

Sassy Cow Creamery

EXTRA GOODNESS

overnight oats

Instructions: Keep refrigerated and enjoy within 3 days!

Ingredients: Whole milk, oats, chia seeds, maple syrup, dried currants, raisins, salt, cinnamon.

Contains: Milk

WEEKLY MENU

Find our weekly menu and notes under "Kitchen Notes" on our website.

SHARE THE LOVE

We love to see how your dishes turned out. Please tag us in your photos and use the hashtag #pastureandplenty. Don't forget, you can always add extra servings or items from our deli or farm-to-freezer case. Check our website to see the current inventory.



① THE COOK KIT

Thai cauliflower balls with rice noodles, sweet chili sauce and vegetable herb salad

PREP &
COOK TIME

35
MINUTES

IN YOUR BAG

Thai Cauliflower
Ball Mix

Rice Noodles

Sweet Chili
Sauce

Vegetable Herb
Salad

PAIR WITH

the bright, rich
and slightly
mineraly Ovum
PNK Salt Rosé

or

the hoppy Pulp
Culture IPA
from Working
Draft Brewing
Co.

- 1 Preheat the oven to 425°F.
- 2 Divide and shape the cauliflower ball mix into golfball-sized balls and arrange them on a rimmed baking sheet, lined with parchment paper. Bake the cauliflower balls until they are well-browned and crispy and an instant-read thermometer inserted into the center of the meatball reads 165°F, about 15 to 20 minutes.
- 3 While the cauliflower balls are baking, cook rice noodles in a large pot of salty, boiling water (a good ratio is 1 tablespoon kosher salt for a quart of water) for 2 to 3 minutes. Drain and rinse immediately.
- 4 Divide rice noodles and vegetable herb salad onto plates. Top with the cauliflower balls and drizzle all over with sweet chili sauce. * Enjoy!

**Taste the sweet chili sauce for spiciness! Use as much (or as little) as you would like!*

Cauliflower Ball Mix: Cauliflower, brown rice, red quinoa, oat flour, egg, garlic powder, onion powder, ginger, coriander, salt. **Rice Noodles:** Rice flour, water **Sweet Chili Sauce:** Sugar, water, pickled red chili, vinegar, garlic, salt, stabilizer (xanthan gum) **Vegetable Herb Salad:** Red cabbage, green cabbage, carrot, cucumber, scallion, cilantro, lime juice, salt.

Contains: Egg

② READY-TO-EAT

Tart's roasted brussels sprout and fontina galette with greens and maple mustard vinaigrette

Preheat oven to 375°F. Place frozen galette on parchment lined baking sheet and bake until filling is bubbling and the crust is golden brown, about 45 to 50 minutes. Remove from oven and let cool for 5 minutes before slicing and serving.

Meanwhile, toss mixed greens with desired amount of vinaigrette. Plate salad next to sliced galette. Enjoy!

Galette: Unbleached enriched hard wheat flour (wheat flour, malted barley flour, niacin (vitamin B3), reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), hard white whole wheat flour, sugar, kosher salt, butter (pasturized cream, natural flavor), brussels sprouts, shallot, onion, parmesan cheese, fontina cheese, lemon zest, lemon juice, olive oil, mustard (water, mustard seeds, vinegar, salt, citric acid, sulphite), chili flake **Maple Mustard Vinaigrette:** Canola oil, maple syrup, dijon mustard, white wine vinegar, garlic, salt, pepper

Contains: Milk, wheat

③ FARM-TO-FREEZER

"marry me" chickpeas with roasted vegetables and brown rice

See label for instructions and ingredients.



We are a local meal kit service, restaurant, deli and event space serving Wisconsin-grown goodness for breakfast & lunch Tues - Fri, Saturday brunch and Sunday workshops and community events.

GET IN TOUCH

2433 University Avenue
608.665.3770 • pastureandplenty.com

M 3:30pm-7:30pm T-F 11am-7pm
SAT 9am-2pm